

# *Age Friendly Fairfax*



*Building a healthy and livable community for all!*



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## **January-February 2023 Newsletter**

*Visit our website for zoom links and more information about our classes and events:*  
[www.townoffairfax.org/age-friendly-online-classes-events](http://www.townoffairfax.org/age-friendly-online-classes-events)

*Aging in Fairfax, everybody's doing it!*

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### ***Upcoming Events:***

**January 25:** Age-Friendly Forum  
**January 27:** Age Friendly Fairfax Meeting  
**February 15:** Breakfast with Friends

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**Age-Friendly Forum: *Decluttering your Life in 2023: Developing Good Habits with Your Things, Thoughts, and Actions* on Wednesday, January 25, 10:30-11:45am on Zoom.** Come hear a professional organizer and a licensed clinical counselor talk about how we can

address our clinging habits. For many the thought of downsizing a home or emptying storage closets or letting go of certain unhealthy thoughts or habits is overwhelming. Perhaps disorganization is negatively affecting your daily life? Do possessions mean more or less as you get older? For many our priorities in day to day life shift. Join us for a conversation about the difference between chronic disorganization, hoarding and clutter problems, getting started addressing clinging behaviors, tools you can use to simplify your life and what is important to you, and local Resources to help. Bring your questions, your own life practices, and ideas.

**Register for free access:** [Eventbrite: Decluttering Your Life in 2023](#). You will need to register to have access to the zoom link and tools for this Forum!

**Please Note:** *Prior Age Friendly Marin Forums are available on our YouTube Channel:*

<https://www.youtube.com/channel/UCV2hzXPYuTSKm2N6pYdkmGw/featured>

**Age Friendly Fairfax Committee Meeting, January 27, 9:30-10:30 am**

**on Zoom:** Curious about Age Friendly Fairfax? As we head into 2023, you're welcome to attend our monthly meeting, bring your questions, feedback, ideas and energy! Join Zoom Meeting

<https://us02web.zoom.us/j/82392456295?pwd=bkNKWXZpVo1Na1pPdJV5VDNBUUhJdz09>

**Age Friendly Marin "Breakfast with Friends", Wednesday, February**

**15, 9:30-10:30am.** Socializing is important for all and it's fun to connect. Join us for coffee, tea and/or breakfast and a friendly and enjoyable chat at Barefoot Café in Fairfax, in person!

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## **Local News & Resources:**

### **Marin County:**

**Adult and Aging Services Information and Assistance Line** provides information and referrals to the full range of services available to older adults, adults with disabilities and their family caregivers: **415-473-INFO (4636)** 8:30 am to 4:30 pm weekdays; [473INFO@marincounty.org](mailto:473INFO@marincounty.org)

## Town of Fairfax:

Are you receiving the weekly Town of Fairfax Newsletter? If not, we really encourage you to do so as there is LOTS of news, information and events listed. Click this link to start receiving the Town's newsletter asap, [subscribe here](#).

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## Fairfax Recreation Classes

With a hybrid model of fee for service and free offerings we have Chi Gong, Full Body Fitness, Outdoor Yoga, Online Yoga, Dance classes and more! Join in the fun and sign up today. <https://www.townoffairfax.org/age-friendly-online-classes-events/>

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## Fairfax Library:

**Great News, the Fairfax Library will begin monthly Age Friendly in-person programming for older adults - hooray!** Stay tuned and check the Fairfax Library calendar for the upcoming Age Friendly programs, or give us a call for an update: 415-453-8151. We are so excited to invite everyone back to the Community Room for Age friendly activities.

**All Things Apple - An Online Zoom Class, Tuesday January 31, 2023, 2:00 PM – 3:30 PM.** The topic will be PASSKEY, Tips & Tricks, Q&A and Open Discussion. First, we'll review PASSKEY, Apple's new, tightened security system that replaces Passwords in your iCloud Keychain. Next, we'll review a few of many little things that can enhance your experience on each device. Your burning questions will be addressed too, and there's always time for a discussion about this or that. **Registration is required:** <https://marinlibrary.bibliocommons.com/events/63a66835d57c73c107457df1>

**iPhone Training on Friday February 24, 2023, 11am - 1:30pm at the Fairfax Library Community Room.** This is a session offering in-person, very small group, personalized attention. Learn about the basics of your iphone, learn how to connect your bluetooth devices, learn more about email, text messages, and more! Bring all questions, they will be well answered. **Pre-Registration is required.** Call or visit the Fairfax Library to register: 415-453-8151.

**Climate Cafe Conversation on Saturday February 4, 2023, 11:00am-12:30pm at the Fairfax Library Community Room.** A compassionate sharing circle to express concerns regarding the climate crisis. Non-judgmental, advice and agenda free. All are welcome. Drop in.

**"Social Media How-To" Technology4Life Class, February 8, 2023, 6:00-7:30pm on Zoom.** "Social Media" refers to various online platforms that encourage interaction with others. They include Facebook, Instagram, Twitter, and TikTok. Learn how they work, and how to make an account as well as how others use them. Registration is Required. Web Link:

<https://marinlibrary.bibliocommons.com/events/63694651da461bd36bo48oef>

**All Things Library, Friday, January 20, 12:30pm -1:30pm at the Victory Village Senior Apartments. In person.** Fairfax Library staff will be in the San Geronimo Valley Community Center offering library cards (new & replacements), tutorials for all library related borrowing services and streaming services, assistance with app downloads and registration for digital books / digital music / digital magazines / digital newspapers, and more. Stop in, bring your questions and mobile devices on the 3rd Friday of the month for a Library Services Visit. Library materials returns will be accepted as well.

<https://marinlibrary.bibliocommons.com/events/63c74738a4d96f1c5819ff3b>

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**GETSETUP! Live Online Learning** Marin County Free Library has teamed up with **GETSETUP!** to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and are **FREE** online. Click here:

<https://www.getsetup.io/partner/cslmarin>

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**Wondering what IS Age Friendly Fairfax??**

Find out more [here](#).

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**Questions about services for older adults?**

Call 415-473-4636 (INFO)

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